

WHAT IS CLAIMED IS:

1. A spinal fusion support for preventing subsidence in anterior lumbar interbody fusion, comprising:

5 a portion of boney material adapted to be placed on the apophyseal ring of a vertebrae.

2. The spinal fusion support of claim 1, wherein the boney material is at least a portion of a vertebral body including an apophyseal ring.

10 3. A spinal fusion support for placement on a vertebral body having a an anterior and a posterior, comprising:

a cross member with two ends;

two lateral members, each lateral member having an anterior end and a posterior end, with each lateral member being connected at its anterior end to an
15 end of the cross member;

wherein the posterior ends of the lateral members define an opening and the cross member and lateral members define an interior and exterior of the spinal fusion support.

20 4. The spinal support of claim 3, further comprising a connector adapted to connect the cross member with an associated support located generally interior of the spinal support.

5. The spinal support of claim 3, further comprising a connector adapted to connect at least one lateral member with an associated support located at least partially interior of the spinal support.

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6. The spinal support of claim 3, wherein the support is made of bone.

7. The spinal support of claim 3, wherein the cross member is adapted to be configured in different lengths.

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8. The spinal support of claim 7, wherein the cross member is fixably slidable.

9. The spinal support of claim 8, wherein the device comprises at least one of a group of materials including titanium, titanium cobalt-chromium, stainless steel, plastic, and composites.

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10. The spinal support of claim 9, wherein the cross member further comprises an edge adapted to secure the cross member to an adjacent vertebrae.

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11. The spinal support of claim 10, wherein the edge is serrated.

12. The spinal support of claim 9, wherein at least one of the lateral members is adapted to secure the lateral member to an adjacent vertebrae.

13. A system for anterior spinal fusion, comprising:

5 a first support for placement generally inside an apophyseal ring of a vertebral body;

a second support adapted for placement on the apophyseal ring of the vertebral body.

10 14. The system of claim 13, wherein the second support is made of boney material.

15 15. The system of claim 14, wherein the boney material includes a vertebrae with an apophyseal ring.

16. The system of claim 13, wherein the second support is connected to the first support.

17. The system of claim 13, wherein the second support comprises a cross member and two lateral members of a man-made material.

18. The system of claim 17, further comprising a connector to connect the first support with the second support.

19. The system of claim 18, wherein the cross member is slidably adapted
5 to vary in length.

20. The system of claim 19, wherein the first support is one of a threaded cage or a threaded dowel.

10 21. The system of claim 19, wherein the second support is adapted to connect to an adjacent vertebral body.

22. The system of Claim 19, wherein the second support is generally U-shaped.
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23. An improvement to the method of anterior lumbar interbody fusion, in which a first support is placed on a vertebral body generally inside the anterior and lateral aspects of the apophyseal ring of the vertebral body, the improvement comprising the steps of:
20 placing a second support on the vertebral body so that it rests on at least a portion of the anterior and lateral aspects of the apophyseal ring of the vertebral body; and

connecting the second support to the first support.

24. The improved method of claim 23, wherein the step of placing a
second support also includes the step of selecting an allograft as the second support
5 device.

25. The improved method of claim 24, wherein the allograft is a
cadaveric vertebral body with an apophyseal ring.

10 26. The improved method of claim 23, wherein the step of placing the
second support comprises slidably adjusting a cross member of the second support.